

Mental Rebound™ for the New World of Business

***Taking the Bounce with Mental Rebound* is a practical 10-step process that causes individuals and organizations to quickly bounce back from any challenge, requiring equanimity!**

THE CHALLENGE – Your Current Perspective

Hardly anyone is exempt from the pressure to perform and the fast and furious pace of today's world. Given our rapidly changing environment, successful leaders must be agile in responding to sudden risks or opportunities. Leaders without resilience can get stuck, struggle, and operate under false premises with dire consequences. Such leaders lack perspective; they use only one or two lenses with which to assess frustrating situations.

THE ACTION – Your Discovery for Closing the Gap

Leaders learn to cut through any tangled thinking for true problem-solving to take place. Otherwise, the stories our minds fabricate, based on our limited perspective, will run on endless repeat, causing us to detour or even derail. Most individuals (and teams) need a straightforward method to clear a path through the jungle of thoughts in their brains for critical realizations and new ideas to quickly emerge.

Thus, the practical 10-step ***Taking the Bounce with MENTAL REBOUND*** program was designed to give you a competitive edge even in the midst of the most confounding situations. We do this by helping you see your anxiety-producing challenges from a new perspective. As you untangle your thinking and gain heretofore hidden insights, you automatically discard outmoded thought patterns that have triggered self-defeating behaviors. Equipped with clear ways of thinking, game-changing realizations emerge.

THE OUTCOME – Your Broader Perspective

Now leaders are no longer stuck, regardless of what they are facing: an unstable business climate, turf wars, or personal challenges. You tap into the power of perspective and find relief. The more you practice ***Taking the Bounce with MENTAL REBOUND***, the better your results. The bottom line is, those with resilience remain calm, focused, and innovative as they bounce back from disappointments, setbacks and unexpected events. With an ever-expanding reservoir of sustainable energy, they not only make better short-term decisions but also cultivate a greater capacity for long-term resilience.

Barbara McRae, MCC is the owner of Savvy Success LLC, a coaching and consulting firm, headquartered in Santa Fe, NM. A former senior HR executive and corporate trainer, Barbara has 25 years experience advising and developing all levels of management, including C-levels. She is deeply committed to magnifying your inner and outer resources. Her client list includes Fortune 500 companies in diverse industries, small businesses, US government agencies, health care organizations, and not-for-profit organizations.